

Lentil salad with yogurt dressing

Serves 4

Ingredients

1 punnet cherry tomatoes
4 Sliced roasted zucchini
2 Sliced roasted capsicum
1 small garlic clove, crushed*
½ cup olive oil
1 teaspoon sweet paprika
Juice of 1 lime
1 cup thick Greek yoghurt
1 x 400g can lentils, rinsed, drained
1/2 cup (80g) pine nuts, toasted
1 cup coriander, washed and chopped
2 firmly packed cups (about 70g) baby spinach leaves

Pita bread, to serve

Method

Mix together zucchini, capsicum, sliced cherry tomatoes, drained lentils, coriander, spinach leaves, roasted pine nuts and olive oil

In a separate bowl mix together yogurt, paprika, garlic and lime juice

Serve lentils with a spoon full of yogurt dressing on top

*For a more subtle garlic flavour roast the zucchini and capsicum in a garlic infused oil and omit the garlic in the yogurt dressing.

